

What are the benefits in relationship to the risks for seafood consumption? (DGAC 2010)

Conclusion

Moderate, consistent evidence shows that health benefits derived from the consumption of a variety of cooked seafood in the US in amounts recommended by the Committee outweigh the risks associated with methyl mercury (MeHg) and persistent organic pollutants (POPs) exposure, even among women who may become or who are pregnant, nursing mothers, and children ages 12 and younger. Overall, consumers can safely eat at least 12oz of a variety of cooked seafood per week, provided they pay attention to local seafood advisories and limit their intake of large, predatory fish. Women who may become or who are pregnant, nursing mothers, and children ages 12 and younger can safely consume a variety of cooked seafood in amounts recommended by this Committee, while following Federal and local advisories.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What are the benefits in relationship to the risks for seafood consumption?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Seafood Consumption](#)